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Dedication

The book Dealing with cancer is dedicated to all the patients in the world who have suffered needlessly because of cancer and associated problems.

May this book offer them solutions and may they hopefully find the doctor that will and can help them in applying the remedy or remedies and giving a direction to choose the best of both conventional & alternate medicine.

The book is equally dedicated to my patients who through the medical problems they bring me and the solutions they find by themselves, have been my greatest teachers.



Acknowledgement

The author expresses his deep recognition to Mrs Monica Saxena, my wife, my kids Milind & Maanas for their cooperation. Special thanks to Dr. B. B. Mehta & Dr. V. B. Reddy for inspiring me making this book.

Finally because of inspiration of my father Late Prem Chand Saxena and my mother Niranjana this was possible.

Foreword

This book Dealing with Cancer by Dr. Praveen Kumaar Saxenaa, a young radiologist, practising integrated medicine in Hyderabad, with a wide exposure towards alternative therapies is a very creative effort to define, analyse and treat the dreadful disease called cancer.

There is an idiom in Indian languages that a cancer in a human body means "cancel" in the life of the person suffering from cancer. The very knowledge of the patient of the fact that he or she is suffering from cancer breaks all the mental strength (of the patient) which leads to the negativity and shortens the life span of the patient. Dr. Saxena realized this fact and ventured to write this book which will enlighten the society about the myth of the cancer and give a new direction to the common "social thinking" that cancer is not curable. He has reported in his book his achievements towards the prevention and treatment of cancer.

I as a medical man have a firm conviction that if the nature or God has created any disease, it, at the same time has also provided a treatment for the same. It is the job of a doctor therefore to search or devise a treatment out of his experience and medical knowledge. The etiology of cancer has a very broad based functional disorders of the organs and the cyclic reaction of the metabolic processes in human body. Hence, a physician or a doctor has to basically think about this, understand the process and then think of the treatment.

Human body is the most complex phenomena created by God, the Almighty, out of the five basic elements of Nature i.e., air, water, vacuum, heat and earth; (by God, the Almighty,) as per our Vedic philosophy. These five elements invisibly enter the mother's womb and after nine months a new body comes out of the mother's body and grows independently. Now this new body of the new-born child is an independent human body and grows during, the course of time totally based on natural metabolic process of the body. These integrated functions of all the human organs is the basic

process which keep the body healthy; and any malfunction of any organ is the reason for ill-health or disease. This is the basic explanation as per ayurvedic principles; while the homeopathic medical system which is based on the basic logic that the "vital force" i.e., the energy equilibrium of the body is responsible for good or bad health and any imbalance in it or "derangement of vital force" leads to disease or badhealth. Therefore, the homeopathic therapy treats all diseases by potentised drugs which contain the energy of the physical matter which is used as medicine. Thus, the derangement of vital force i.e., the energy imbalance of the body is treated to restore the equilibrium to regular health.

Now coming to Modern Medicine, a malignancy of any part of the human body i.e. cancer, is abnormal multiplication of cells in that particular area which as per some research is the result of hyperacidity in the metabolic chemistry of the patient. This condition is again' due to, as mentioned above due to metabolic imbalance of the patient because of cyclic malfunctions of the integrated organ functions of the human body. The first concept developed to control and cure cancer was by Dr. William Halsted, M.D., in 1800 A.D. based on surgical treatment of removing that particular portion of the body which he did first by removing the malignant tumour from a breast cancer patient. Since then this has been an accepted paradigm for the treatment of cancer. But during the course of time many other concepts have been developed on this subject. I would therefore like to throw light on one very important fact that way back much earlier in ayurvedic system of medicine there was an established idiom that if a 'Rajphoda' (i.e., malignant tumour) is cut with an instrument i.e., Nashter, the malignancy will spread throughout the body and it will manifest somewhere else i.e., what the modern medical system calls as secondaries. This is what ayurvedic medical system had propounded hundreds of years ago which can be verified from our old scriptures. The spreading tendency of the malignancy in the whole body after surgery, establishes the fact that it is a result of metabolic disorder. in the body and no a local phenomena.

With this conviction in mind, Dr. Praveen Saxena had initiated an effort in the direction to view cancer with a "wide spectrum integrated vision" and undertake the treatment by integrated methods taking the best of both worlds, to get best results to cure the dreadful disease. I am sure this innovative method of treating cancer by applying integrative medical therapies will surely create a unique precedent for other medical practitioners who are engaged in the treatment of cancer.

But for me I see this book as an eye opener for an average man to understand the disease of cancer in a right perspective which will create awareness in the society not only to cure this disease but also will create knowledge to prevent the same. I wish Dr. Saxena all the success for this venture and hope that he will definitely help the society and our country in general by this effort of his called 'Dealing with Cancer'.

Dr.B.B.Mehta

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Chapter 1

Introduction

YOU have cancer." A doctor has uttered three of the most dreaded words you can hear. A moment before, you were' a husband, a wife, a teacher, an accountant. Now, suddenly, you are a patient. In the ensuing panic, disbelief, fear, and grief, you run a real risk of losing your identity to the disease and seeing it take over your life, as has happened to countless cancer patients before you. But it is possible to choose a different path, a path of discovery, action, and self-advocacy: You can choose dealing with cancer.

It is not easy. It requires strength, courage, and an independent spirit. But time and again I have seen patients marshal these survival qualities to face the greatest challenge of their life.

You can, too.

In choosing Dealing with cancer, you must consciously and purposefully embrace life and reject the disease every single day. To do so, and to greet each day with authentic hope and conviction, you need the right tools, including sound information about the full range of cancer therapies, both conventional and complementary.

In this book, I will explain these tools and how to use them as you set out to reclaim your health. You can take charge of your treatment and your life. You can beat the odds. But more than that, you can recover from it with not only your life but also your health.

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Dealing with cancer

This all started when I completed my Clinical Metal Toxicology (CMT). I then began to explore the use and integrate therapies, I started looking for innovative solutions to the chronic medical problems

What is it about cancer that enables it to survive despite surgery to excise it, radiation to burn it, and chemotherapy to poison it?

We have only recently begun to grasp the nature of this disease. Cancer is not an isolated group of errant cells waiting passively to be annihilated by a wonder drug. Instead, it is caused by a cascade of genetic and molecular glitches. That's why cancer does not present a single target for a magic bullet; a tumor is merely the most obvious symptom of an altered, unbalanced system. And that's why both the new targeted therapies and the older weapons of surgery, radiation, and old-line chemotherapy so often fail to prevent the spread or recurrence of the disease: they neither pick up renegade cancer cells, strengthen the body's biological balance, nor reach all of the underlying molecular accidents that initiated cancer in the first place. As a result, even if the original tumor is gone, this biological 'imbalance creates an environment for cancer to recur: tumor cells use the body's own healthy resources to grow and multiply. This means that cancer is a systemic disruption and perversion of the body's resources and mechanisms. Because cancer will try to use every bit of your body's biochemistry to proliferate, you must strengthen every biochemical defense possible to defeat it.

With the growing body of evidence linking environmental exposures to cancer, the public is becoming increasingly aware of the unacceptable burden of cancer resulting from environmental and occupational exposures that could have been prevented through appropriate national action.

Based on an individually tailored approach to integrative medicine, it blends treatments from different disciplines ranging from diet and exercise to mind-spirit techniques, natural medicines, and standard chemo and radiation.

...This program is based not only on my own clinical experience and research but also on the research and experience of other experts in oncology, nutrition, botanicals, mind-body medicine, and therapeutic exercise. Dealing with cancer reflects our understanding of cancer's multiple causes and means of surviving. It is based on new understanding of how treatments interact with each other, with your body, and with the cancer itself. It is designed to create a foundation of general wellness from which cancer can be treated more effectively and with fewer side effects. We combine the best of conventional medicine-including chemotherapy, radiation, surgery, and biologic and targeted therapies-with the best of complementary medicine. encompassing state-of-the-art anti-cancer nutrition, herbs, supplements, physical exercise, and mind-body techniques. Because no two people are alike, the integrative program is individually tailored through detailed profiling to each patient's specific disease, biochemistry, molecular fingerprint, personal needs, and healing philosophy. The result is a program that transforms lifestyles while reprogramming patients' biochemical environments.

Coming to dismantling cancer the principle myth about cancer is that there is no hope. People feel like they are given a death sentence when they are diagnosed with cancer. They walk around saying, "I know that you see me here but I am really dead." But, there are so many things that can be done to either reverse the cancer or significantly improve quality of life for the patient. I am determined to bring this message of hope to a world that desperately needs it.

This approach to wellness lets cancer patients live longer and more rewarding lives. Many of our patients carry on their daily lives as if they were managing a chronic illness such as diabetes In fact, I encourage you to begin thinking of your cancer as an illness you can live with or, even better, one you can overcome. I have treated patients with widespread metastases who were pronounced "incurable" by their doctors but who, with this program, recovered. These survivors testify to what can happen with an integrative approach to treating and managing cancer: no matter what the diagnosis, there are patients who prevail over whatever odds they have been given.

By the time cancer patients arrive at my center, many feel listless, overwhelmed, weary, or depressed and anxious. After only a few weeks, however, they find their fatigue subsiding and their morale rising. Many are able to tolerate treatment with few side effects. Some benefit from therapies that had previously failed. When you and I work together through this book, your overall health and quality of life have the potential to be better than you ever thought, giving you a foundation of general wellness from ... which you can combat your cancer.

It is not hard to understand why most cancer patients adopt a fatalistic view. Both the incidence of cancer and the mortality rates of the disease are daunting. While early detection technologies have definitely made a positive impact, the world continues to wait for a significant break through. Why isn't one coming?

The reason is clear enough. I believe that our failure to eradicate cancer is due largely to another myth. This myth has been the point of origin for virtually all cancer research. In other words, the brief that has driven doctors for decades in research labs around the world is a myth.

The myth is that there is a cure for cancer. The myth is the belief in a "silver bullet" that will single handedly rid the world of this unbearable disease. The mainstream medical community's failure to conquer cancer is directly connected with its reluctance to abandon belief in this myth.

I don't believe that we will ever find "a cure.". Cancer presents us with a dizzying array of variations. Couple that

with the unique physiology of each and every patient and it does not take a genius to recognize that there will never be a "magic pill" that can cover all of those variables.

If we ever hope to become cancer free, we must embrace reality over mythology. We must remove our heads from the sand and seek a viewpoint that provides a clear vision of the situation. The right choice is vital, because it will help us avoid unnecessary set back and heartbreak.

Lot of our patients disease that has already spread, or metastasized, to areas in the body distant from the original tumor. Most have been through chemotherapy' two times or more and are dealing with recurrent and relapsed disease, a stage when most fatalities occur. A tragic number have heard the same dreaded words from their doctor: "There is nothing more that can be done." Yet, after following our Cancer program, many exceed the expectations of their original doctors-and not by months but by years. That is why I urge you to ignore survival rates, remission rates, and other statistics. They need not apply to you.

That is especially so if you are one of the lucky ones; It may seem odd to pair the words lucky and cancer but all the advice that follows applies just as much to patients who are at the beginning of their journey-that is, to those who have been diagnosed for the first time with a primary tumor and in whom the cancer has not spread. As I am sure your doctor has told you, you have every reason to remain optimistic. For one thing, surgery alone is often effective against a contained solid tumor. For another, today's chemotherapy agents and high-tech radiation treatments are allowing more and more people to survive cancer. By combining these mainstream therapies with those in this book, your chances of joining their ranks are even greater.

It's time to begin our journey together.

Cancer is one of the ultimate challenges any of us can face. I tell my patients that it is like being forced to climb Mount Everest: your trek to recovery requires the same

committed focus and fitness of body and mind. Many of my patients tell me this analogy not only captures how overwhelmed their illness makes them feel but also reinforces two key ideas. First, to surmount your illness, just as to climb Everest, you need knowhow, planning, and preparedness. Second, all mountains are ascended one step at a time, and all illnesses are conquered one step at a time. Every new health-promoting behavior you adopt is a victory. Every improvement in your symptoms, no matter how small, is an important step toward the summit of health.

The first point: preparedness is a key to successful cancer therapy. If I dropped you onto the summit of Everest, you would be lucky to survive a few hours in the intense cold and low-oxygen atmosphere. In the same way, unprepared cancer patients often lack the reserves to carry them through treatment. Of Course, no rational person would ever let himself be plopped beneath the summit of Everest unprepared. You need training, proper equipment, and time to study the routes and learn the terrain before starting your trek. En route, you pace yourself and set up camps along the way to acclimatize yourself to the altitude. If you're smart, you also enlist an experienced guide, one who helps you navigate the trickiest terrain.

So it is with cancer. Ascending Everest is analogous to the attack phase of cancer therapy-the conventional treatment for debulking, or shrinking, the primary tumor. The better and smarter the preparation, the more likely you are to complete this treatment. Don't worry if there is only a little time between when you receive your diagnosis and when you begin treatment such as surgery: even a little preparedness can go a long way. With an experienced guide offering strategies complementary to your chemotherapy, radiation, and surgery, treatment will be less debilitating and more effective.

If the attack phase is successful in shrinking or eliminating the primary tumor, you've achieved either a partial remission or a complete remission. This is like reaching the summit of Everest. What next? More often than not, nothing.' Former

medical thinking viewed successful completion of the attack phase ("we got it all") as almost synonymous with a cure. But even with remission after surgery and chemo, some residual undetectable cancer cells likely remain. It has been estimated that approximately half of all cancer patients in remission actually have metastases, malignant cells that have broken off the original tumor, traveled through the bloodstream to far-flung sites in the body, and begun the insidious process of growing into another dangerous tumor. Just because you have achieved remission through elimination of the primary tumor does not mean you are home free. Cancer is not like an infection, where you wipe it out and move on. It is a chronic condition that needs constant vigilance. While conventional cancer treatments often remove much of the disease burdenand it is critical to remove tumor bulk from your body-that is only half the battle. Even when the primary tumor is eliminated, micrometastases may already have migrated to and seeded other parts of the body. These dormant cells can rear up and reestablish themselves.

That's why for my patients, complete remission does' not mean the end of treatment. Instead, it means the start of the containment or growth control phase, when we focus on stopping or slowing further growth of any residual disease (visible tumors) or invisible metastatic cancer cells. Post-treatment is a time to be particularly aggressive.

To continue the Everest metaphor, a successful climb is not only about summiting but also about getting back down. This is where climbers often err because the potential for catastrophe treacherous ice patches and wrong turns that send you plunging into an abyss-is so great. Similarly, for a cancer patient it is critical to look past the summit of clear scans and remission so that your preparedness carries over into the post-treatment, or remission maintenance, phase.

Unfortunately, this is the most neglected phase of cancer treatment. Conventional cancer treatment does little to prevent cells from regrouping, proliferating, and forming new tumors.

It also does little to help patients recover from persistent side effects and potentially life-threatening complications of attack phase treatments. But with the right strategy these effects can be avoided or overcome: we have tools-especially diet, nutritional therapy, and experimental and off-label drug use-that can delay or block the return of cancer.

Now cancer patients part ways with mountain "Climbers. When mountain climbers return to base camp, their ordeal is over. They have triumphed. Not so with cancer patients who have reached the summit (achieved remission) and descended safely (kept metastatic cells in check). With cancer, you must remain attentive to self-care, taking an active role in your continued health. Rather than waiting passively for the results of your next scan or checkup, you can actively seize control of your future. This will likely entail making changes in what you eat, how you stay fit, and how you balance life's stressors, but I can just about guarantee that the small investment will yield a huge return: not only will this new way of life decrease your risk of relapse, but it will decrease your risk of diseases other than cancer, too, and make you feel better, stronger, and more empowered every day.

As I set out to write this book, my goal is to provide you with information that will demystify cancer. I want to empower you to make choices that will help you overcome the cancer challenge. Though I know of no magical cure to cancer, I can assure you of one thing. There is hope.

We have identified therapies that promise a benefit but don't work at all. We have also identified many effective therapies and a treatment approach that can position people for full recovery.

The thrust of this book is twofold. First, it should serve to debunk the two primary myths surrounding cancer. Cancer is a very real disease and it is important that we approach it with a hopeful and realistic perspective. We will examine why the mainstream approach to cancer treatment has become what it is today. More importantly, we will take an honest

look at the successes and shortcomings of the three mainstream treatment methods: chemotherapy, radiation, and surgery.

Second, the book should serve to explain the "total care" approach and the spectrum of choice that lies within it. We need to develop a proper understanding of immunotherapy and the self healing concept. We need to understand how important the body, mind, and spirit are in the recovery process.

Make no mistake, I am not claiming that I'm the discoverer of these effective cancer therapies. I am not going to pretend that we invented the body, mind, and spirit approach. What we have done differently for the last few years is implement new therapies quickly. The wheels of change turn painfully slow in the mainstream medical community, principally because there is so much money tied up in conventional treatment methods. Many doctors find it difficult to apply new therapies that medical journals have indicated are beneficial and equally difficult to steer away from therapies that studies demonstrate are not effective. So much beneficial research lays dormant on the shelves of medical libraries.

At the Dr.Saxena Center , we are well ahead of the mainstream community because of our willingness to embrace change. It is the insights from almost a decade of experience that I wish to share with you. My desire is that this book fills you with tremendous hope and helps you to make some informed decisions.

Chapter 2

A need for change

Have you ever noticed the reluctance of the male species to stop an automobile and ask for directions? My wife has. There must be a genetic switch somewhere that predisposes men to stubbornness in this area. I would rather endure an hour of unanesthetized knee cap surgery than admit I don't know where I am going. Even when I am forced to acknowledge that I am lost I won't stop and ask for help Sadly, my unwillingness to admit defeat always yields the same result. We arrive late.

The medical community has behaved in much the same way when it comes to the treatment of cancer. The lack of significant reduction in the incidence of cancer and mortality rate of cancer are clear indicators that doctors are lost and moving in the wrong direction.

The 20th century will go down in history as the era of scientific breakthrough and technological advance. It is hard to believe that we started out the 1900s without electricity, telephones, automobiles and computers. The medical field was profoundly impacted by the scientific and technological revolutions. Scientists developed an arsenal of pharmaceuticals designed to address just about every pathogen. Meanwhile, new technology like lasers, 3-D imaging devices, and fiber optic cameras assisted physicians in the field. The results of these advances have been impressive.

Acute medicine is at the top of its game, for one. Doctors are able to save life and limb in ways never before thought possible. If In addition, one complex medical procedures like angioplasty and open-heart surgery have become routine. People don't fret as much as they used to when they go under like knife. Technology has made the operating room a much more controlled than before.

Finally, diseases like polio, smallpox, and tuberculosis have nearly been eliminated in developed countries. Yet, there is a danger in all of this good news. The advances of medicine in the 20th century have led many people into a false sense of security.

Society's overconfidence in doctors has caused many to adopt a cavalier attitude toward personal health. Many people live however they want, eat whatever they want and disregard any responsibility for their own health. These people hold the erroneous belief that the doctor can fix every problem.

Then, there is cancer...

I am sure that when the incidence of cancer began to rise in the first half of the 20th century, doctors were confident that this was just another epidemic that would meet its demise at the hands of modern medicine. As the century progressed, I can imagine the horror with which they realized the truth. I believe that many doctors recognized by the 1950s that they were dealing with an enemy of gargantuan proportions. These doctors did what anyone would do when threatened with such terrifying opposition: they went in search of a weapon to kill it.

Scientists were so sure that they could find the cure if they had proper funding. They made such a convincing that they were able to gain federal support. In 1971, President Richard Nixon signed the National Cancer Act to dedicate part of the national budget to cancer research through the National Cancer Institute.

Unfortunately, the incidence and mortality rates of cancer have increased every year since. So, what has been the benefit of all that research funding? I will tell you. It has taught us two important lessons. First, it has taught us what we cannot buy the cure to cancer. Second, it has taught us that we need to search for the cause instead of the cure.

Yet, mainstream medicine continues to ignore these lessons. Scientists continue to spend obscene amounts of money

every year searching for the "silver bullet", and doctors continue to rely on the orthodox treatments of surgery, radiation, and chemotherapy. Let's take a look at how those treatments became the industry standards and why the medical community is so reluctant to abandon them.

Most medical historians will agree that the surgical treatment of cancer began around the turn of the century. A key historical figure of the time was William Halsted, considered the father of surgery in the United States. In Halsted's day, the treatment of breast cancer was extreme, often involving the removal of the entire breast.. In part this was because Halsted hypothesized that cancer grew by spreading "tentacles" out from a centralized area into the rest of the body. Nobody imagined that carcinogenic cells traveled via the blood stream. When a cancer spread to surrounding organs. It was believed that the "tentacles" had grown in those directions.

This theory became the foundation of oncological surgery. Therefore, the best course of action seemed obvious. Doctors felt that removing any tissue that could contain the cancer's "tentacles" would give a patient the best chances for survival. The most common of these surgeries was the radical mastectomy. These procedures were disturbing and often seriously compromised the patient's quality of life. Yet, the philosophy of radical surgery for breast cancer was soon applied to other cancers. Many of the surgeries performed during that era were absolutely nightmarish.

Relief appeared to come in 1910, when evidence came to light that cancerous cells travel via the blood stream. The process was referred to as metastasis. Though metastasis made the disease even more elusive, many hoped that the gruesome practice of radical surgery would fall by the wayside, as Halsted's foundational hypothesis crumbled. Yet, it continued.

In 1964, the first comparative study between radical surgery and conservative surgery of breast cancer was conducted. The study clearly demonstrated that the patients treated with conservative surgery had a life expectancy equal to or greater

than those treated with radical surgery. Yet, many doctors continue to perform these drastic surgeries today without any "scientific" foundation to support the decision to do so.

How is it possible that almost a century after the discovery of metastasis, the medical community has failed to abandon a surgical practice that is grounded on a blatantly false hypothesis? What justification is there to continue this practice when clinical studies prove that such a course of action is absolutely unnecessary? These are good questions, but radical surgery is not the only cancer treatment we should examine carefully.

Almost half a century has passed since radiation therapy was fully embraced as an orthodox treatment method by the mainstream medical community. In the early years, there was hope that radiation would prove to be highly effective. Yet, in that time it has proved to be of little use. As physicians met with failure they chose to apply increasingly aggressive

WHOA! EASE LIP ON THE CHEMO, NURSE. THAT'S HOW MILCH WE USE TO ELITHANIZE HORSES. ART-DAM BERGET. CHEMOTHERAPY CHEMICALS CAUSE PERMANENT DAMAGE TO THE CHEMOTHERAPY. CHEMOTHERAPY CHEMICALS LIVER AND KIDNEYS.

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doses, rather than abandon the practice. The results of this decision were frightening. Patients were literally "burned" in the treatment process, often sustaining irreversible damage that left them disabled. To make matters worse, the intense side effects of severe nausea and general malaise seriously reduced the patients quality of life.

The aggressive application of chemotherapy did not improve matters for cancer patient either. A major study into the effectiveness of chemotherapy by Dr. Ulrich Abel revealed the ineffectiveness of the treatment. In the study, Dr. Abel affirms that there is no evidence that the vast majority of cancer treatments with cytotoxic drugs (chemotherapy) exert any kind of positive influence as far as life expectancy or quality of life are concerned.

Again, failure has driven chemotherapists to administer increasingly aggressive dosages and to use considerably more intense cyto toxic substances. Of the three orthodox treatment methods, chemotherapy may be the most destructive. In most cases, patients feel like they are dying. The nausea and vomiting are often severe enough to require hospitalization. Chemotherapy patients suffer the loss of hair, appetite, and the energy needed to battle disease. I cannot tell you how many patients I have spoken with who would rather die than continue with the therapy. It disturbs me that people would actually prefer to live with cancer and a prognosis of certain death, than to suffer the experience of chemotherapy. It is clear that many view the therapy as a far worse than death.

In 1969, Dr. Hardin James of the University of California at Berkeley reported, at an American Cancer Society conference, that patients not subjected to aggressive therapies had a longer life expectancy, than those who underwent aggressive treatment. In 1986, Dr. Bailar III and Elaine Smith reported that patients with lung cancer who refused treatment experienced a longer life expectancy and a better quality of life than those who received treatment. In 1988, Dr. Abel reported that patients suffering from pancreatic cancer who received a placebo treatment lived long and better. Dr. Bailar III, upon

evaluating the results of cancer therapies between 1950 and 1980, rated them to be a "qualified failure." These men and women are not joking when they assert that both the treatment methods and the direction of research must change.

If surgery, radiation, and chemotherapy have been so unsuccessful, why is it that mainstream medicine has not rejected them? In other branches of science and industry, worthless things are rejected and then substituted by things that have value. Nevertheless, in the struggle against cancer this has not been the case. The governmental authorities, scientific community, and pharmaceutical monopolies have placed serious obstacles in the path of new ideas.. Alternative therapies, many of which have been proven effective, have been ridiculed, pushed aside, and prohibited. These therapies do not deteriorate the patients quality of life. It is well known that patients suffering from many malignancies live longer and better if the orthodox treatments (surgery, radiation, and chemotherapy) are not applied.

I am convinced that the real and practical value of the aggressive use of surgery, radiation, and chemotherapy is very limited. Therefore, it should be the obligation of leading oncologists and physicians to investigate new and alternative treatments. Only then can we hope to find more effective, less aggressive, and less toxic treatments. Only then can we hope to prolong the lives of cancer patients and maintain the quality of their lives as well.

I can assure you there are no silver bullets. Conventional therapies such as surgery, radiation, and chemotherapy can succeed in the destruction of malignant cells, but they still fail to address the root cause of the cancer. That is why doctors see so many patients whose initial response to conventional treatment was positive, back in the hospital months or years later with stage IV cancer. Doctors need to abandon the silver bullet methodology and use a multi-disciplinary approach that meets the physical, emotional, and spiritual needs of the patient.

The Dr.Saxena Centre is perceived, by doctors and patients, here , as an alternative medical centre. The truth is that it is more, much more than that. In 2009, at cancer symposium in Mumbai , I was invited to participate in a debate about cancer therapies. As you can imagine, the bulk of the public was biased against anything that even smelled orthodox.

To the surprise of many, I also criticized the alternative practitioners who believe that even the most complicated of cases could be resolved with green juices, a couple of enemas, and a load of vitamins.. My candid comments got the attention of the crowd, which came to life with a barrage of comments and questions.

A frustrated member of the organizing committee, by now sorry he had invited me to be a member of the panel, stood up and asked me, Dr.Saxena, "Which is it, do you practice alternative medicine or orthodox medicine?. A hush fell over the audience. They were sitting on the edges of their seats. "I do not want to practice orthodox or alternative medicine,, "I said. "I only want to practice good medicine. I use any and all means to help my patients so that, God willing, they may enjoy life for a long time." The tension eased and people relaxed back in their chairs.

I am very selective about what treatment I will offer my patients but it is not the type of therapy that matters to me. Even the most non-toxic approach can be used wrongly to the detriment of a patient. It is how and why a therapy is used that really matters. Will it improve my patient's chances of survival without jeopardizing quality of life? Would I use the same approach chemotherapy or alternates, if I or any of my children was the patient?

I have championed the multi-disciplinary approach for a decade. When it comes to cancer, doctors must consider every option. There is host of treatments that achieve tumor destruction without compromising the patients quality of life. Yet, I have found that our beliefs have placed us between a rock and hard place. On the one hand, orthodox doctors have spoken out against us because of our use of natural therapies. At the same time, alternative doctors have lashed out at us our non-aggressive use of surgery, radiation, and chemotherapy.

Our motive to branch away from the mainstream has not been to gain popularity. I'm driven by my concern for the well being of my patients. Thus, I refuse to rule out any therapy option. If it will improve the patient's quality of life and his prognosis, I will use it. Aside from our choice of therapies, the emotional and spiritual support we integrate into our treatment program is the differentiating aspect of our centre

Doctors need to get back to the art of medicine, which begins with building a relationship with the patient. Science must come second as a tool to guide physicians. Technology is a plus but human touch is vital. Knowing and listening to patients will often uncover what blood tests and x-rays can't find. Doctors need to treat the whole person. That means finding the physical imbalances that cause breakdowns in the immune system. It also means addressing the emotional and spiritual issues that depress the immune system. These things open the door to cancer.

Remember, that part of the problem has been our search for the cure instead of the cause. We have wasted precious time treating the disease instead of the patient. So, what does it look like when doctors treat the patient instead of the disease? Let's take a look.

There are some words a person never forgets. I will never forget the first time my wife said, "I love you," I will never forget where I was when my first child said, "Papa," I will never forget the last words my father said to me. These and many more are etched into my mind forever.

"A doctor should never tell a patient, 'there is nothing more I can do for you." A doctor can always serve a patient, even if it is just holding his hand through a tough night." In medical school, we were taught that in some circumstances extraordinary measures can be used to save a patient's life. This is known as clinical urgency: when there are no more treatment ,you need to innovate so that a practical solution is reached

There are moments in life that change you as a person, that alter the direction you choose to travel forever. For me, that moment occurred in 2007 when a patient came to see me . She was a cancer patient. She had suffered several grueling rounds of chemotherapy and had been told there was no hope. Determined not go give up, her daughter looked into a alternative therapies. She found one.

Patient's daughter acquired the substance laetrile(B17) but she wanted to find a doctor close to home to treat her. It was this desire that brought her to me. She asked me if he would be willing to oversee her laetrile treatments. In the blink of en eye, my experience with alternative therapies began.

I admitted that hopes for the were not high, given the prognosis offered by the doctors she had seen. However the treatments gave her hope and she appeared to be getting stronger. As the laetrile treatment progressed, I became absolutely astonished. Here was a woman, who had undergone conventional therapies to no avail, who was given a death sentence, who was getting better.

Later I had a doctor who came seeking treatment for his wife breast cancer with skeletal metastases problem Conventional therapy with chemo failed Had this doctor stuck on to conventional way he would not have seen the results which resulted from our approach (appendix 3)

We continue to blend science, compassion and faith in all that we do. We believe that the needs of the patient should determine what therapies should be offered. We continue to incorporate a wide variety of treatment modalities, from the manufactured to the natural, from the conventional to the holistic. Yet, for all the bells and whistles that change

has brought about in our facilities, the guiding principles have remained constant.

The philosophy established at Dr.Saxena centre can be defined by two guiding principles

- 1.Do not harm. Never compromise your patient's quality of life.
 - 2.Love your patient as yourself.

So simple yet profound. If a physician contemplates these principles each and every day, it will challenge him to find the most effective treatment with the least amount of negative side effects.

Unfortunately, oncologists often lose sight of the general condition and well being of the patient, because so much of their attention is focused and directed toward the destruction of the tumor. Modern doctors can, and often do, unintentionally compromise the quality of person's life in their blind determination to eliminate disease.

We at the Dr.Saxena centre embrace a different focus. Bound by oath to do no harm and to love our patients, we only offer therapies that have the potential to improve the patient's health without compromising quality of life. If we determine that juice therapy will benefit a patient, we offer it. If we believe that chemotherapy will benefit a patient, we offer it. However, we will always apply a therapy in a form that will avoid the negative side effects that deteriorate quality of life.

It is important to note that 95 percent of these patients came to us with stage IV Cancers after conventional therapy had failed to help them. Stage IV is the most advanced stage of cancer. The disease reaches stage IV when the cancer has spread to other parts of the body from the primary site. Once patients reach stage IV, conventional doctors generally tell them that there is no chance for survival. This is why they come to Dr.Saxena centre They are desperate for hope.

These patients were treated by our total care approach and the Dr.Saxena centre overall five year survival rate for all of cancer was 30 percent. We also noted that most of our patients outlived their prognosis and reported an improvement in their quality of life.

Lung, Breast, colon, and prostate cancers are some of the most common in our world today.

Compared to conventional therapies, the treatment program at the Dr.Saxena centre yielded dramatically better results. What makes these numbers even more astounding to me is the difference between the two patient groups. The patients in the conventional group who survived had not been through previous treatments that would have deteriorated their natural defenses and robbed them of vital energy. They had a fresh start. However, the patients in the Dr.Saxena centre group were those who had suffered the ravages of surgery, radiation, or chemotherapy. Yet, we were still able to help them.

Cancer is a challenge like no other because this killer has an uncanny ability to mutate and resist adversity, like pests to pesticides, or bacteria to antibiotics. Thus, the malignancies of the 70s are not the malignancies of today. Cervical cancer used to be a "regional" tumor that invaded the pelvis but 'never' spread beyond it. Now, it is not infrequent to find liver or even lung metastasis from it. The aggressiveness of almost all malignancies has increased. Where almost all prostate cancers used to be 'low grade,' very often we take patients with extremely aggressive prostate tumors that are refractive to any kind of treatment. The age at diagnosis has dramatically diminished. While in the 70s most patients were in their 70s, in the new millennium most patients are in their 50s.

At the Dr.Saxena centre, we have made pertinent adjustment to keep the "playing field" leveled. I would love to tell you that we are getting much better results that we did few years ago. Taking all of this into account, we have been very proactive in research and development, not only in the therapeutical realm but also in the data-managing arena.

I wish that obstacles would not have been put in the way for publication in medical journals, but I am confident in the future that we will be able to share our results with the medical community. Our administrative and medical teams have worked hard to obtain fresh data that represents results of the new cancer era.

In spite of the fact that the average age of our patients is much lower now and that these tumors are much more aggressive, our preliminary results are quite encouraging. These numbers are pretty much what they will be at the five year point. All the patients included in the study were diagnosed with stage IV malignancies and conventional therapies failed them. These are patients that literally were expected to live between weeks and a few months.



Chapter 3

What Is Health?

Everyone has different definition of health disease, and fits all cultures, ages, and individuals. If you're twenty-five years old, your definition of the health will likely have changed by the time you're seventyfive. Disease is a state in which certain cells in the body cannot perform the job they are meant to do. Symptoms are a sign that cells are damaged and function has been lost. So a good working definition of health is that it is proper cellular function expressed as optimum physical, mental, and emotional performance. Conventional medical training programs focus mainly on pathology, drug and surgical therapies, and symptom management. The job of the physician and the medical-care delivery team is to take over where the body has failed. The body's ability to self-heal is generally not accounted for, an attitude that's reflected in the public's understanding of diagnosis, sickness, and health.

Once you understand that your body is designed to regulate and repair itself, you'll be ready to look at health care in a new way. You'll never again be willing to settle for a therapeutic approach that focuses simply on naming your illness and suppressing your symptoms. Detoxification is the tool you can use to fight disease and promote health, strengthening your body cell by cell and revitalizing its ability to heal itself A relationship exists between health, the activity of the mind, and toxins in the environment. Toxins affect the ways in which we think and feel, and thoughts and feelings affect the ways in which we process environmental toxins. It's a twoway street. Negative mental states—expressed as anxiety, panic, anger, depression, neurotic behavior, self-deprecation, selfdestructive feelings and tendencies, and a weak will to live can be triggered by conditions of toxicity. It's known, for example, that stress hormones slowdown the activity of detoxification enzymes in the liver. Mental and emotional

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strain contributes to almost every known disease: autoimmune disease, infectious disease from viruses or bacteria, cancer, and even skin diseases. All acute, chronic, and degenerative diseases are affected by one's mental and emotional state. Medical research has verified the effects of positive and negative thinking in heart disease and cancer, the leading causes of death. For example, it has been established that even low levels of stress trigger the onset of angina. We also know that attitudes and emotional states are critical in fighting disease. The opposite is also true. Laughter, hope, acceptance, and the reduction of emotional and mental suffering, speed the course of healing and decrease pain. If you now consistently visualize a state of wellness, you are more likely to achieve that state of wellness.

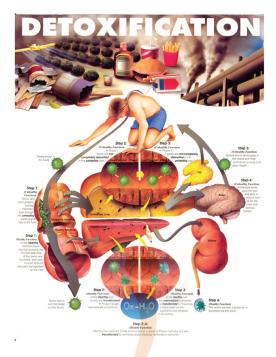
Health and Detoxification

To get the most advantage from detoxification medicine, you must have a lifestyle and an outlook that support positive emotional states and that reduce negative emotions.

Tissues, organs, systems, and even states of mind are ranked according to each one's level of importance to the function of the whole. There are three '"bodies": the physical, the emotional, and the mental. If you visualize a pyramid, the physical body is at the base, the emotional body is in the middle, and the mental body is at the top.

Genetics

Human beings are not created biochemically alike. We inherit genetic traits that, to a large extent, determine our vulnerability to disease, our resistance to aging, and our capacity to handle environmental toxins. Inherited predispositions to disease might or might not manifest, depending on a variety of environmental factors. The deeper the inherited trait, the longer it takes to treat. A physician who takes a detailed family history will be better able to understand the nature of your health and the patterns that are likely to emerge as you get better.



Strength of Distribution

The ability of a disease or a toxin to disrupt health depends both on its strength and on the strength of your body's defense mechanisms. If emotional pain or any physical or mental disturbance weakens your defenses, you become more vulnerable. The stronger the shock and the weaker your defenses, the more damage is done, and the longer is the required treatment time.

Interference

Interference with the body's natural ability to handle disease through the inappropriate application of therapies, such as drugs that put an additional burden on the body's detoxification mechanisms, can alter the timetable for recovery. When the body's natural healing mechanisms have been disturbed, the prognosis becomes more uncertain. Patients

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who have taken steroids, are on immunosuppressive drugs, or take certain prescribed medications on a daily basis generally require longer courses of detoxification treatment. In these cases, it's critical to take a "wait and see" approach. We are continually amazed when patients whom we didn't think we could help-because of medical histories that involved extensive medications and surgeries-fully recover.

Good Medicine

Some years back , when the space shuttle pslv disintegrated in the atmosphere upon re-entry, I watched news footage of its brightly lit pieces hurtling across the sky in absolute horror. Yet what struck me most about the incident was the search for a cause, In the days that followed the tragedy, various ISRO experts formed a host of hypotheses. Many of the things that could have caused the disaster were small intricate pieces of the shuttle. The importance of the smallest part became abundantly clear to all those who followed the story.

I wonder if we can even imagine the intensity of the safety precautions ISRO engineers and mechanics follow. It takes millions of parts to build a space shuttle and every one is of critical importance. I am sure that each and every part is checked and tested thoroughly, from the biggest piece of framework to the smallest part. If everything is to work properly, nothing can be overlooked.

And so it is with the dealing with cancer and dismantling it. If the healing process is to work properly, nothing can be overlooked; not the body, not the mind, and not the spirit. That has been one of my two main points thus far. We must see the body, mind, and spirit as three critical components in the healing process. To ignore any of those components can spell disaster.

Doctors must also be open to alternatives when conventional medicine alone offers no benefit. That is my second main point. What do those individual components look like at the Dr.Saxena Centre? Let's take a look.

When people seeking medical help hear the word "alternative" they immediately conjure up visions of some shady looking character selling miracle grow hair tonic from the back of some horse drawn cart. It is true that there are some "physicians" of questionable authenticity in the world today, as well as some "alternative" medical practices of dubious quality. In sharp contrast to "fly by night" operations, the Dr.Saxena Centre medical staff carry truly impressive credentials, from some of the finest medical treatment program is methodic, precise, scientifically sound and comprehensive in nature. Dr.Saxena is a proud member of the IMA and enjoys the reputation as being the innovative treatment centre in the Hyderabad

Though our focus is on the total care of the patient and not merely the illness, we have not lessened the intensity of our medical practice. We use all that modern technology has to offer to help us determine the true physical needs of the patient and we firmly believe in employing only those practices that adhere to strict international standards. The medical component of the Dr.Saxena Centre program divides easily into the following five segments: examination and diagnostic tests, detoxification of the body, stimulation of the immune system, application of antitumor agents, and alteration of lifestyle.

Examination and Diagnostic Tests

When we first meet a patient, we try to find out everything they can in an effort to tailor make an appropriate treatment course,. Patients are asked to bring all medical records from previous treatments. They must provide all medication prescriptions, laboratory reports, x-rays, CT scans, MRI reports, and radiological reports that have been generated since the original diagnosis. The medical team then conducts a comprehensive study to verify the patients condition and confirm if the previous diagnosis is correct. This study is comprised of four parts; a clinical history , an oncological examination, a series of blood tests and urinalyses.

The formation of an accurate clinical history involves more than the simple collection of medical records. Dr.Saxena team always sit down with a patient and conduct a thorough interview in order to construct a far more accurate picture than the pile of medical documentation alone can generate. There is an old saying among doctors that if you listen to a patient long enough, he will tell you exactly what is causing his illness. Old sayings become old sayings because there is a good measure of truth in them.

In this interview, the doctor ask about the patients family history of illness, allergies to medications, general physical state, and general emotional state. In addition, the doctor will try to determine if there are any aspects of the patients lifestyle that may be affecting the patients health. Dr.Saxena understands that it is here that the vital bond between doctor and patient begins to form. When people are sick they want to know that they are being listened to and that their thoughts and feelings matter.

The oncological examination is a lot like a physical exam but the intent is completely different. Dr.Saxena have been trained to look for specific conditions related to cancer. The doctors take note of these conditions and search for anything else that previous doctors may have overlooked. Complete blood panels and urinalysis are performed through-out the treatment process. Initially, Dr.Saxena team uses these tests to determine how well the patient's immune system is functioning, and how well critical organs are functioning prior to receiving treatment However, as treatment progresses, tumor markers are taken periodically to measure the patient's response to the program.

The radiological examination involves a number of x-rays radionuclide scan, and ultrasounds. Our doctors use these tests to determine the extent to which the cancer has progressed. However, these tests are also performed periodically .This helps the team of doctors gauge whether the cancer is progressing or digressing. The continuing tests also help doctors identify sites of possible metastasis.

Once all of this diagnostic information has been collected, it is integrated into an electronic patient file. A team of specialists discusses the patient's case at a biweekly medical board meeting. In this way, each patient benefits from the expertise of a diverse group of physicians, who bring their own unique training and varied experience to the table. It is in these board meetings that a patient's treatment program is customized to address the specific needs of the patient. At each subsequent meeting the team of doctors looks at new diagnostic information, re-evaluates the patient's case, and makes adjustments as necessary.

Detoxification of the Body

Every one comes in contact with toxic agents on a daily basis. Toxins are present in the food We eat, the water we drink, and the air we breathe. Many of these toxins are carcinogens, meaning they poison the body in such a way as to make it very susceptible to cancer. These carcinogens are present in carpet, paint, plastics, and just about every man-made material ever manufactured.

So, our bodies constantly endure the stress of battling and eliminating these substances. Yet, cancer patients have it even worse. Not only are their bodies taxed with the task of combating these carcinogens, but many of the conventional medications they are subjected to flood the body with even more toxic agents. This is why the second segment of the Dr.Saxena Centre's medical treatment program is so vital.

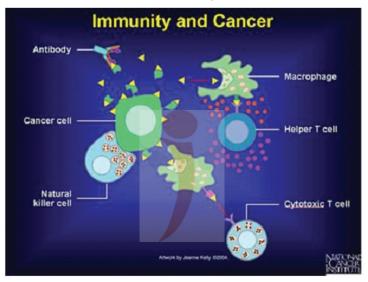
After the diagnostic examination, each Dr.Saxena Centre patient begins a mild detoxification program, designed to rid the body of many of the harmful substances stored within it This serves two purposes. First, It helps the patient to receive optimal benefit from the therapies we offer. Second, it helps to restore proper function to the immune system.

The effect of detoxification is to gently pull stored toxins out of the tissue they are stored in and introduce them back into the bloodstream where the body can effectively

eliminate them. All of these things are fundamental to effective toxin elimination. The results are amazing.

When the detoxification process is finished, patients often comment that they feel better and stronger than they have felt in months. We know that the healthier the body is, the better equipped it is to combat cancer.





I watched a television documentary series recently on the army commando training. The series followed a group of candidates through the grueling training and testing process one must endure to become a member of the commando. I have never seen human beings willingly subject themselves to the kind of physical punishment these men did. They ran until they were sick... but they had to run more to pass. They swam until water rushed into their lungs... but they had to force the water out and finish unassisted to pass. They swam in extreme cold and then stood on the deck of a submarine in their trunks, shivering until their teeth chattered... but they had to get back in the water over and over again to pass.

The men who failed the program were athletic, driven, and courageous. The men who passed the program defy description. They are the toughest fighting machines on the face of the earth and the best the army has to offer, no question. If were going to war, I'd want men like that on my side. Wouldn't you?

The reality is that dealing with cancer is a war. The battlefield is inside of us, which is why the third segment of the Dr.Saxena Centre medical treatment program is critical. If the body is engaging in an act of war, it needs to be as ready as a army commandos. The Dr.Saxena Centre immunotherapy program prepares a body for internal combat. It provides the body with all the vital resources needed to bolster the immune system.

Dr.Saxena Centre doctors prescribe a juice regimen initially to detoxify the body and then modify the regimen to boost the immune system. The centre recommends organically grown vegetables that are toxin free and loaded with all of the vitamins, minerals, and phytochemicals the body needs to repair itself.

One of the best ways to provide healing resources to the body is through foods. Unfortunately, the typical patient adheres to the Refined carbohydrate Diet. It should not come as a shock to anyone to learn that this diet is low in fiber



and high in fat, whiteflour, sugar, preservatives, cholesterol, pesticides, antibiotics, and hormones. All of these things are known to inhibit proper function of the immune system.

At the Dr.Saxena Centre, patients know the importance of lots of nutrient-dense fruits and vegetables that strengthen the immune system. The foods are organically grown and free of the preservatives, pesticides, and antibiotics that can depress the immune system. In addition, the patient's advised diet is high in fiber, promoting proper bowel function and waste elimination. These foods are fundamental. The reason why we use food as medicine is because the nutrients in food are more bioavailable than the nutrients packaged in drugs and nutraceuticals. This means that the body can process the nutrients more efficiently and put them to work quickly. This is not true of many vitamin products on the market today.

While it is true organic juices and foods are the best source of the essential nutrients the immune system needs to function at optimal levels, I strongly believe in supplementing these therapies with vitamins, minerals, and enzymes. Organic juices and foods can provide adequate nutrition for a healthy person, but the person whose immune system has been compromised needs more resources than diet alone can provide.

The vitamin and mineral solutions to be used are powerful antioxidants that are instrumental in the detoxification process. Dr.Saxena -patients also take oral supplements that provide many of the antioxidants and phytochernicals the immune system needs to battle disease effectively. The combination of these three therapies can transform the body's immune system into an incredible fighting machine.

Application of Antitumor Agents

Antitumor agents are the enforcers of any effective cancer treatment program. Unfortunately, many patients do not recover when they choose surgery, radiation, or chemotherapy as an antitumor agent. This is not because those therapies fail to destroy cancerous tumors. They do destroy tumors quite effectively in many cases. The problem is that they do nothing



to help the body's immune system. In fact, these therapies depress the immune system, thereby making long-term recuperation very difficult

This area of the Dr. Saxena's medical treatment program is much more effective for two reasons. First, the Dr.Saxena team has introduced a number of antitumor agents that are just as effective, but that are natural and do not present negative side effects. Many patients who stopped responding to chemotherapy have responded to these natural cancer killers. Second, our program supports the use of antitumor agents in conjunction with the support of detoxification and immunotherapy. The benefit to the patient is that this comprehensive approach greatly minimizes the negative side effects associated with cancer treatment. In most cancer centers, patients suffer from the treatment, but at Dr.Saxena most patients feel quite well and maintain a positive attitude.

Alteration of Lifestyle

While patients receive treatment at Dr.Saxena, we begin to educate them on how to live healthy lives when they return home and how to continue therapy. Dr.Saxena and nurses work with patients and their loved ones to teach them how to effectively self-administer therapies. This is a very costeffective way for patients to continue therapy for a prolonged period of time.

In my many years of experience at the Dr.Saxena centre, I have observed that the patients who get the best results are those who make a real commitment to the program, the ones who have the discipline and desire to adhere to the therapies prescribed. A tragic error that many patients make is to abandon therapy as soon as they start to feel better or when they experience remission. Those who continue therapy, adhere to the nutrition program, and come back for the follow-up program gain the best results.

I encourage every patient to completely adhere to the therapies and embrace the lifestyle changes we recommend at Dr.Saxena Centre. I believe that a patient's commitment to the therapy is the single most important factor that determines how effective treatment is. That is why this final component of the Dr.Saxena Centre medical treatment program is just as vital as the others.

Perception is everything.

It is the understanding of this simple truth that leads us to perform a series of diagnostic tests and conduct a thorough interview when patients come to the Dr.Saxena Centre. A physician's diagnosis is often shaped by perception. Much like eye witnesses at an accident scene give accounts of the incident that vary greatly, the professional perspective of a physician will skew a diagnosis.

First, we want to verify that the diagnosis given to the patient was correct. Second, we want to measure the rate at which the cancer is progressing. Often, we compare test results over a period of time. The comparison helps us to determine the effectiveness of previous treatment For example, say in one patient's tumor is measured at three centimeters. If comparative study reveals that the same tumor measured

one centimetre 2 months back, we know that the cancer grew in the interim and did not respond to the previous treatment.

Third, we want to set our own benchmark, in order to determine the effectiveness of our own treatment programs. If we administer a therapy and then use a reference point established from a different center's test results in conjunction with our own lab work, the analysis is likely to be highly inaccurate. In fact, it is not uncommon for diagnostic testing to vary greatly from one place to the next because of differences in lab conditions, testing materials, and testing techniques. The practice of comparing results from a variety of laboratories can truly create a situation where apples are compared to oranges.

Finally, we want to interpret the results of the diagnostic tests from our perspective. We at the Dr.Saxena centre do not view cancer as an in surmountable obstacle. Our success with the total care approach of treating body, mind, and spirit has shaped a much more hopeful perspective. Couple this with the success we have seen with alternative treatment methods and our perspective brightens further.

We are not governed by a rigid medical community that is unwilling to abandon inhumane and ineffective treatments. We are not pressured by huge pharmaceutical corporations interested only in boosting profit margins. We are not crippled by years of failure and ever rising mortality rates. It is no wonder many mainstream doctors issue hopeless diagnoses. Their experience has cast a shadow of hopelessness on their perspective.

Our experience is not the same. Our perspective is not the same. There is hope. There is a way.

Chapter 4

Natural Defense System

I grew up on National Geographic television specials. Weren't they just the best? I remember watching a series on the great savannahs of Africa. I still feel sorry for the poor little antelopes that met their demises as the cheetah, a fierce and skilled predator, would do what he was born to do. It is amazing how this lighting fast cat can have such patience. He would lie in wait just below the tall amber grass. He would watch in silence just waiting for the perfect opportunity. If one little antelope would fall behind, the cheetah would strike.

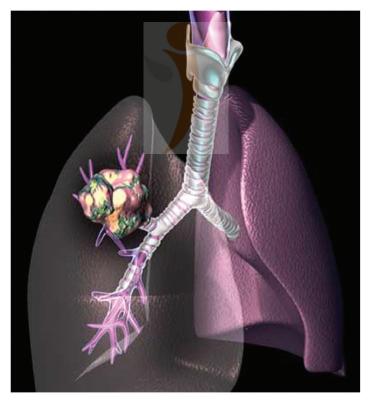
Immune Surveillance

Cancer is an opportunistic disease. If the conditions are right, any cell in the entire body can mutate. Mutations occur within the DNA. Malignant cells develop on a daily basis but they are extinguished or reprogrammed back to being a normal cell by the body's natural defense system if all is well. In its pristine condition, the human body is a strong fortress designed to fend off a frightening number of attacks daily. Cancer is lying in wait for any type of breakdown of the body's defense systems. When given the opportunity, cell mutation will begin and malignant cells will begin to reproduce at an uncontrollable, unstoppable rate. That is what cancer is. It is always a result of genetic abnormalities that are inherited or provoked by negative stressors. Should we fear the possibility of DNA fragmentation and cell mutation? No. We should dedicate ourselves to maintaining the function of the immune system.

Let's take a closer look at how the immune system works to prevent the proliferation of mutated cells. The immune system is made up of organs and cells that form

a team to protect the body from outside agents that could be harmful. Certain cells are able to distinguish between normal and abnormal cells. When an abnormal or foreign cell is detected, these cells will seek them out and destroy them. There are many different types of cells that make up the immune system including monocytes, macrophages and neutrophils.

The specific cells that combat cancer are in the group called lymphocytes, which are one type of white blood cell including B cells, T cells and Natural Killer (NK) cells. T cells will directly attach to and attack cancerous cells. They are able to reproduce themselves through cloning right at the site of the abnormal cell. They perform another important



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function. T cells sound the "battle cry" and call into action NK cells. The NK cells are little chemical factories that produce highly potent substances that will attach themselves and kill anything that is foreign to the body. When the T and NK cells complete the destruction of the cancer cells, macrophages and phagocytes will absorb the dead cells and take them for elimination. This is where it is important to make sure that the lymphatic system, the liver, kidney, lungs and bowels are functioning properly as well.

A properly functioning immune system is the best way to prevent cancer but it is necessary to prevent a recurrence of cancer after treatment The problem with most conventional therapies, especially chemotherapy, is that it destroys the white blood cells. Again, strengthening the body's natural defense mechanism is the highest priority in the battle against disease. Nothing should compromise that goal.

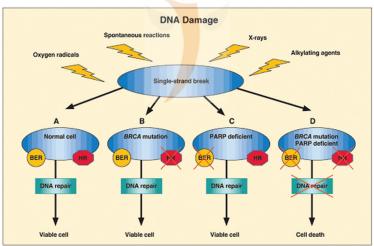


Figure 1: Schematic Illustration of Synthetic Lethality—BER = base excision repair (including single-strand break repair); HR = homologous recombination repair.

Cancer causes a systemic dysfunction. The tumors are merely symptoms of a much larger problem. I also believe that conventional medicine continues to fail in the battle against cancer, because it has not reached the understanding of how abnormal cells function. DNA research has still been

unable to reveal this mystery. As long as conventional doctors focus on the tumors the point of origin, they will be limited to a "band-aid" approach to cancer treatment. They will continue to fail in their efforts to halt the advance of the disease. Doctors need to embrace a different perspective. They need to see the tumor as the red flag. They need to determine what the body needs to restore its natural defenses and reprogram mutated cells.

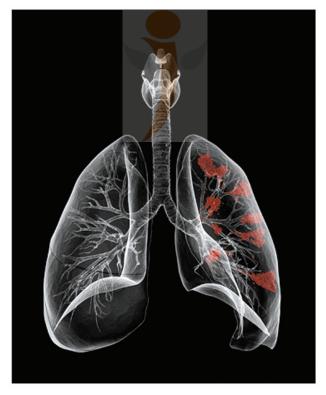
Let's take a moment to organize the concepts I'm presenting here. The failing of most treatments today is that they only attack the tumors. But tumors are the symptom of cancer. There is no doubt that an effective program should try to reverse or halt growth of tumors but that will not be sufficient to avoid a relapse. Immune function must be addressed as well because a depressed immune system leaves the door wide open for cancer to comeback with a vengeance. But this is still not enough. Immune dysfunction provides cancer the opportunity needed to develop but it is not the cause of cancer.

It is important to detect what is stressing the body and its immune system. These stressors number-in the tens of thousands so it may be impossible to identify the cause of a patient's cancer. There must be thousands of unknown causes to complicate things further. What we know is that negative stressors generate damaging oxygen free radicals that destabilize normal cells.

Chapter 5

Chemical Causes

A patient and physician must put on their detective caps to at least identify glaring stressors that could be eliminated from the patient's lifestyle. Most of the time, patients have to figure these things out because it takes a lot of time and thought and the time a patient spends with a doctor is usually insufficient I would like to present a list of stressors that are related to cancer. This is just to help you get started in thinking about the concept It is not comprehensive by any means. For example, there are over 30,000 carcinogens identified



Dr. Saxena centre for Progrssive Medicine

just in the chemical industry. It would not be possible to provide a complete list but consider the following to motivate you to look for ways to improve your lifestyle and surroundings.

DIET AND NUTRITIONAL FACTORS

(Represents 60% and 40% of all cancers in women and men, respectively).

Fat intake

High intake of animal protein

Smoked foods

Salt-cured foods

Fried, broiled or barbecued meat, chicken or fish

Pesticides found in food

Food additives

Alcohol

High intake of caffeine

SMOKING (It is the single major cause of cancer death accounting for 30% of all deaths)

ENVIRONMENTAL TOXICITY

PCBs

Garden pesticides

Herbicides

Contaminated soil, water and air

Asbestos

Indoor pollution (fumes and vapors produced by cleaning products, paints, hobby supplies, radon, among others)

Chlorinated drinking water

Cadmium: Cadmium is a known human carcinogen and is linked to prostate cancer in epidemiologic and laboratory animal studies (Agency for Toxics Substances and Disease Registry 1997; Waalkes 2000). The relevance of some rodent

studies to humans is uncertain because the prostate glands of some rodent strains do not closely resemble those of humans. However, in a rodent strain with a dorsolateral prostate similar to that in men, dietary cadmium exposure caused dose-dependent proliferative, pre-cancerous appearing lesions in that portion of the prostate (Waalkes et al. 1999). Some studies show an increased concentration of cadmium in prostates with cancer when compared to normal glands (Brys et al. 1997; Waalkes and Rehm 1994). Test tube studies also show the ability of cadmium to cause malignant transformation of human non-malignant prostate cells (Achanzer et al. 2001).

Food and cigarette smoke are the largest sources of cadmium exposure in the general population. Smokers have a daily cadmium intake that may be twice that of nonsmokers. Occupational exposures may also occur among welders, metal workers, or those who make cadmium products such as batteries or plastics (Agency for Toxics Substances and Disease Registry 1997). Some people absorb cadmium more readily from the gastrointestinal tract than others, such as those with depleted calcium or iron stores. People with naturally low levels of metallothionein (an inducible substance that sequesters cadmium and other heavy metals) may also be at increased risk of cadmium related toxicity. Cadmium levels are elevated in some foods grown on soil that has been treated with cadmium-containing sewage sludge or fertilizers, or that is naturally high in cadmium (Alloway and Jacson 1991: Piscator 1985).

Pesticides: A number of published studies support a causal relationship between pesticide exposure and prostate cancer. For example, many occupational studies show an increased incidence of prostate cancer incidence and/or mortality among farmers and pesticide applicators (Sharma-Wagner et al. 2000; Dich and Wiklund 1998; van der Gulden et al. 1995; Janssens et al. 2001; Mills 1998; Fleming et al. 1999; Fleming et al. 1999; Keller-Byrne et al. 1997; Kross et al. 1996). Though some of these are correlation studies and, therefore, limited by a lack of actual pesticide exposure data, exposure

misclassification in epidemiologic analyses is more likely to bias toward false negatives than false positives. The findings among pesticide applicators are particularly significant since, in general, a healthy-worker effect was noted, and alcoholand tobacco-related illnesses were reduced among the workers. One in vitro study of human prostate cancer cells showed that several organochlorine pesticides, a pyrethroid, and a fungicide each caused proliferation of androgen-dependent cancer cells (Tessier and Matsumura 2001).

Other Environmental Exposures and Prostate Cancer Risk—The Importance of Timing

In recent years, considerable attention has focused on endocrine disrupting chemicals in the ambient environment and their impacts on human and wildlife health (Colborn and Clement 1992; National Research Council 1999; Colborn et al. 1996; Schettler et al. 1999). An important theme that emerges from these analyses is the particular susceptibility of the developing organism to exposures to hormonally-active substances at levels that have minor, transient, or no impact in adults. Low-level developmental exposures to substances that modulate endocrine activity can have life long impacts if the exposure occurs during window(s) of unique vulnerability.

The fetal prostate develops under the control of maternal and fetal hormones, including testosterone, estrogen, and prolactin. A variety of growth factors also play important roles. Testosterone, enzymatically transformed to dihydrotestosterone (DHT), is essential for normal prostate growth. Estrogens also play a role (Adams et al. 2002). During normal prostate development, squamous metaplasia develops in the prostatic tubules as the fetus matures, but it normally disappears by birth. However, when the fetus is exposed to excessive estrogen, the condition persists (Shapiro 2000). The role of prolactin in normal prostate growth is not fully understood but it enhances the effects of testosterone and also directly stimulates prostate growth (Jannulis et al. 2000). Prolactin levels are elevated in men with BPH (Saroff et al. 1980).

A 1980 report noted that in utero exposure to diethylstilbestrol (DES) alone or in combination with other hormones in humans correlated with enlargement of prostatic ducts and increased Levdia cells in the testes (Driscoll and Taylor 1980). Studies in rodents show that prenatal exposure to estrogenic agents causes an increase in androgen receptor binding activity and enlargement of the prostate at low doses (Gupta 2000; vom Saal et al. 1997). Higher prenatal doses of DES cause down regulation of androgen receptors and decreased prostate weight, along with other evidence of feminization of males. Postnatal estrogen exposure generally reduces prostate size and androgen sensitivity (Naslund and Coffev 1986). Also in rodents, brief neonatal exposure to estrogens blocks epithelial cells in the prostate from differentiating normally (Habermann et al. 2001). In adulthood, the prostates of animals exposed to estrogens in the neonatal period show precancerous changes (dysplasia). One conclusion that can be drawn from these observations is that the timing of perturbations of normal levels of hormones and growth factors that influence prostate growth and differentiation strongly influences both the nature and magnitude of their effects.

Another "environmental estrogen", bisphenol A (BPA-a component of epoxy resins, polycarbonate plastic, and dental sealants to which the general population is exposed at low levels), caused prostate enlargement in mice exposed to low levels in utero (maternal exposures 20-50 microgms BPA/kg/ day) (Nagel et al. 1997; Gupta 2000). Prenatal BPA exposure also alters cellular differentiation in the tissue (stroma) that surrounds the ducts of the prostate (Ramos et al. 2001). Although BPA has a binding affinity for the estrogen receptor that is several orders of magnitude less than estradiol, BPA does not bind to plasma-binding proteins to the same degree as estradiol and therefore, is likely to be more available to cells than estradiol. BPA also stimulated prolactin release in an animal study (Steinmetz et al. 1997). A recent study in prostate cancer cells showed that very low concentrations of BPA activated the androgen receptor and initiated proliferation

of cancer cells, independent of testosterone (Wetherill et al. 2002).

Collectively, these studies suggest that prostate growth and development, including organ size, cell differentiation, and hormone receptor levels may be permanently altered by exposure to hormonally-active substances during fetal development. Developmental exposure to estrogen-like substances may increase the risk for later development of prostate cancer, depending on genetic and subsequent environmental factors (Santti et al. 1994). This proposed sequence of events suggests that the investigation of dietary, occupational, and other environmental variables as risk factors for prostate cancer must be examined during fetal life and childhood, as well as in adults.

Increased levels of transition metals in breast cancer tissue

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A highly significant accumulation of iron (p<0.0001), nickel (p<0.00005), chromium (p<0.00005), zinc (p<0.00001), cadmium (p<0.005), mercury (p<0.005),

and lead (p< 0.05) was found in the cancer samples when compared to the control group.

Increased Cu concentrations were also found in human lung cancer biopsies

increased concentrations of Fe and Ni have been found in the malignant human prostate

In this respect, the ability of excess Fe in mediating the formation of hydroxyl radicals, suppressing cellular immune functions, and promoting tumor growth is well-established

Iron levels were dramatically increased in the breast cancer biopsies when compared to the control group (median: 53,174 ig/kg, range: 14,391-205,930 vs 10,937 ig/kg, range: 5,331-21,646) (p<0.0001).

A highly significant Ni accumulation was recorded in the patient biopsies

(median: 995 \(\text{ig/kg}\), \(\text{range:} 469-3,361\)). Control biopsies showed measurable levels (median: 21 \(\text{ig/kg}\), \(\text{range:} 11-33\),

Mercury was found moderately increased in 11 out of 20 cancer samples

(median: 6.9 ig/kg, range: 1.8–45.9),a highly significant difference when compared to the control group (median: 2.1 ig/kg, range: 0.1–6.6) (p<0.005).

Increased Cd concentrations were found in 18 out of 20 cancer biopsies (median: 42 ig/kg, range: 9–551), the difference to the control group (median 16 ig/kg, range: 5–30) being highly significant (p<0.005).

Lead was also increased in 12 out of 20 tumor biopsies (median: 105 ìg/kg, range: 9–976).

Inhaled particulate forms of hexavalent Cr cause lung cancer, and at cellular level,

Cr exposure may lead to cell cycle arrest, apoptosis, or neoplastic transformation

Occupational exposure to Cd is associated with lung cancer in humans, and high Cd concentrations have been found in proliferative prostate lesions

ENVIRONMENTAL RADIATION

Electromagnetic fields

Nuclear energy

UV Radiation (solar radiation)

STRESS AND PSYCHOLOGICAL FACTORS

Depression

Stress

GENETICS

BRCAI

BRCA2

VIRUSES

Hepatitis B virus

Herpes simplex 2

Cytomegalovirus

As I said, the list could be endless. Considering the fact that we are in daily contact with tens of thousands of cancercausing agents, it is a miracle that everyone doesn't get cancer. When you consider all of the variables involved in what causes cancer, the importance of a properly functioning immune system, and actually trying to reverse cancer, it becomes very apparent that a cure magic bullet really doesn't exist. It is only realistic to think that we can engage a patient into a process to slowly undo cancer.

Chapter 6

Detoxification

Cleaning House

The thing that impresses me most about the chefs featured on the tv show is how clean they keep the workspace, even in the heat of battle. I can totally identify with that mindset I won't even think about starting to cook until all dirty dishes from previous meals are loaded into the dish-washer and the food prepared is spotless. I can't think clearly if I have to work around stacks of dirty plates and utensils. When the workspace is clean and organized, I'm at my absolute best

The same can be said about the body. The body possesses amazing self-healing mechanisms, but an imbalanced and unclean working environment often hampers these talents. As we live our lives, our bodies absorb an unbelievable number of environmental and food-borne toxins. The body works hard to eliminate these toxins and keep the internal workspace pure and clean. Unfortunately, our dietary and lifestyle choices often make it impossible for the body to keep up with the flood of incoming toxins. Thus, the body's internal environment suffers a build-up of these substances and its ability to heal itself is compromised. Therefore, one of the first steps in a comprehensive cancer treatment program is to clean up the internal workspace.

The term "detoxification" means many things to different people

To the doctor specialising in toxicology it means the treatment for patients suffering from drug and chemical overdose, for the pharmacologist it means the mechanism

by which the body metabolizes pharmaceutical substances and eliminates them from the body, For the environmental scientist it means the way that substances in the environment are decontaminated, for the chemically dependent person it means a treatment program designed to rid them of their drug addiction

Here in my context it means the process whereby people who have chronic health complaints due to the low grade poisoning of their metabolism. This low grade poisoning is something which happens to many of us as we accumulate toxins from polluted environment , lifestyle habits such as smoking, excess alcohol, caffeine consumption, faulty diet , medications, stress and too little activity

After interviewing hundreds of people who tried this program, I found that most people found the instructions easy to use and the program effective. Some even said that it changed their lives by reversing long-standing health problems and giving a new sense of control. We were very pleased to hear that many people who used this program lost the weight that they needed to and that they kept that weight off.

A wonderful response to this was that many medical doctors recommended this program to their patients. I had calls from people who had beneficial results after their doctors told them to try detoxification. This confirms that some physicians are integrating alternative strategies into their conventional health care.

Detoxification is a process of cleaning, nourishing, and resting the body, from the inside out. It works because it addresses the needs of individual cells, the smallest units of human life. Disturbed cellular function is the basis of disease, poor health, and lowered physical and mental performance. This medical strategy is commonly employed here as we understand organ systems and organ function at the cellular level. The approach expresses a "global," inclusive whole-body perspective. It is a form of medicine that replaces the reductionist model of treating single body parts or organs

separately with an ecosystem view of human health, a synergic web of mind, body, and spirit.

Detoxification medicine is an ancient concept that appears as part of many healthcare systems around the World .

In Europe, detoxification is considered a valid medical therapy and is offered at many health spas, under the supervision of mainstream medical doctors. As a treatment, detoxification is more important today than ever before because, in addition to the health problems humans have been experiencing for thousands of years, we are now exposed to a huge variety of environmental poisons,

These time-tested detoxification techniques in a simple form developed to deal with new environmental toxicity syndromes. This type of detoxification should not he confused with the process of helping people break free of their dependency on alcohol and drugs.

It's built on the core concepts of resting the immune and detoxification systems and the organs of the digestive tract while at the same time promoting elimination. Scientific research supports our own years of clinical experience. This is a safe and effective method to enhance the body's own self-healing mechanisms. If you're Sick, detoxification can help. If you're well, it will make you feel even better. It can cure many chronic health problems and alleviate the symptoms of others; protect the body from disease; restore and enhance vitality; allow you to look your best; and ensure your ability to maintain optimum health.

Take Charge of Your Health

Why do we lose our health? What causes certain organs and systems to change, to move away from normal, healthy function? These are questions that concern all of us. Susceptibility to disease and illness is the result of inherited weaknesses, environmental exposures, and lifestyle stresses. These obstacles create changes in the cells of the body and affect our struggle to attain and maintain good health.

A certain wisdom is built into every life form, each of which is highly sensible and organized. Each life form is a resilient ecosystem reflecting a larger cosmic intelligence. Humans, as they have evolved, have adapted to their environment over the past five million years. Until modern times, the stresses of everyday life were fairly constant and predictable. These consisted of hunger, thirst, cold, heat, and bacteria-based diseases.

Enter the new millennium. Everything about our environment has changed radically. Now we must cope with new sources of toxins. Since the industrial revolution, thousands of chemical compounds never seen before have been introduced into the environment. We're constantly exposed to multiple toxins found in our medications, food, water, and air. Each one poses serious health risks, and little is known about how they interact and the ways in which two or more toxins, acting together, impact our health. We have mercury fillings in our teeth and ecosystem, anerobic bacteria in our root canals, abnormal (bacterial) flora in our guts from antibiotics, lead in our bones from the years when leaded petrol fueled our cars and machines, and drugs in our bloodstream that throw liver metabolism out of balance. This proliferation of toxic sources demands, more than ever, that we consider detoxifying our bodies. Toxins that damage the cells of the body are invisible and insidious. They break down the "environment" of all body systems at the cellular level. This happens slowly, day by day, year after year, and so is difficult to detect until the actual onset of disease.

Disease from toxicity is caused by the presence of biochemicals that poison the blood and spread via the circulatory system, As a result, cells and tissues are literally "swimming" in a contaminated environment. Detoxification is a treatment regimen that cleans the blood and removes toxins from the body.

Enzyme synthesis in our cells have evolved that allow us to survive ,as we come into contact with thousands of toxic substances every day. They provide us with the natural ability to transform poisons into non toxic elements that the body can reuse or eliminate. This is a type of biological alchemy, a mysterious and wonderful process that takes place on a daily basis-in our sleep and while we work. We aren't even aware of the miracle that's going on in every cell of our body.

It is important to distinguish three main areas of detoxification medicine:

- 1. Heavy metal exposure (lead, mercury, and cadmium)
- 2. Pesticide and organic solvent residues (PCBs) strored in human fat tissue
 - 3. Altered intestinal ecology

Each of these areas of detoxification (metals, pesticides, and gut ecology) has its own medical literature base and generally these areas are not thought of as related. The cells in our bodies don't know that medical science consider these different areas of toxicology as separate. Our cells are bathed in an environment that mixes all three classes of toxins, which have the potential to cause disease in our bodies.

It has been through our clinical experience, not medical research, that we have understood the importance of a multiple-intervention detoxification therapy. A complete detoxification therapy should include (I) dietary therapy to reduce intestinal membrane inflammation and altered bowel flora.

- (2) nutritional supplements to increase Phase 1 and Phase 2 liver detoxification and stimulate bile flow, and
- (3) sauna therapy to enhance the reduction of fat-stored pesticide metabolites.

HYPERTHERMIA - FARINFRA RED SAUNA

Detoxification through the regular use of a far-infrared sauna. The benefits of these three stand-alone practices are exponential when combined and integrated into a healing regimen or health maintenance program. Any healing protocol should also include an ample supply of whole foods. Such

a comprehensive program advances the healing process and counters the effects of living in a toxic world.

Far infrared rays are part of the sun's natural spectrum. The radiant energy produced by an infrared sauna is the same as heat from the sun, with the exclusion of the ultraviolet rays. A heat source, (usually ceramic heating elements), emits infrared waves that penetrate and relax the body as increased blood circulation warms the skin. A flood of sweat and toxins is released through the skin's open pores as the warm blood circulates deeper throughout the body.

The infrared sauna is a powerful means of cellular cleansing as it increases metabolism and blood circulation. In addition to its use for detoxification it also relaxes muscles, soothes the spirit and rejuvenates the body.

Heat Therapy

A fever is the body's natural mechanism for releasing bacteria, viruses, and other toxic organisms by sweating them out through the skin. It is a natural means of healing. Hyperthermia (heat therapy) refers to the various methods of creating fever to stimulate the body's healing process. A rise in the body's normal temperature of 98.6 degrees creates a state of hyperthermia.

Infrared sauna use is perhaps the most effective and efficient method of prompting a state of hyperthermia for the purpose of detoxification. Not only does this process purge toxins from fat cells, including chemical residues, it's also helpful in the destruction of cancer cells, as they begin to die off when the malignant tissue reaches 104 – 106 degrees Fahrenheit.

The body regulates its core temperature through blood circulation and perspiration; nevertheless, it takes but a small increase to trigger hyperthermia and the production of white blood cells, which are critical to the destruction of tumors. Regular infrared sauna use is an effective approach that compliments any anti-cancer protocol.

This multiple-intervention therapy stimulates the function of the liver, spleen, lymphatics, and digestive tract (reticuloendothelial system). Medical science has described this system as a filtering organ that provides very important immune and regulatory functions.

To date, there are no medical textbooks, surgical procedures, or drugs that create a process to enhance the function of this extremely important blood cleansing organ system

Detoxification medicine is a medical strategy for eliminating the obstacles to health. Just as antibiotics are a strategy for ridding the body of harmful bacteria ,detoxification medicine is used to remove the toxins that disturb the cells ability to function normally

The toxin and the organism can be thought of as two samurai ready for battle. Both are biochemically alive and well trained, The contest is to see which is stronger. The strength of a toxin, or its toxicity, depends both on how effectively it blocks critical cell functions and on the cell's ability to deal with the toxin's life-blocking strength. Each cell's capacity to deal with toxins varies greatly, and many factors conspire to alter these variables, Inherited physical weaknesses, lifestyle stresses, and environmental exposure change a cell's capacity to break down toxins. This is what accounts for the fact that one person gets sick and another, subject to the same conditions, does not.

Research has shown that our ability to detoxify our internal environments bears a direct relationship to our susceptibility to disease. If your detoxification mechanisms are , weak, you'll be more prone to early aging, heart disease, cancer, and chronic degenerative diseases. Both prevention and treatment depend on your capacity to detoxify. Detoxification protects the nervous, cardiovascular, and immune systems. By learning how to enhance your body's ability to detoxify, you'll be better able to stay healthy and feel young. Using current medical research and traditional naturopathic detoxification therapies, we have put together a new definition of health

equilibrium based on the weblike connections between the outer environment we live in and the inner environment of our bodies. It incorporates the core concepts of holistic medicine, preventive medicine, and wellness medicine and focuses on the need to bring harmony to our cellular biochemistry through detoxification methods. This approach to health care contributes to youthful vitality, longevity, and wellness, and it can alleviate chronic disease. Although our approach goes beyond just detoxification, keep in mind that whatever you can do to help your body detoxify and eliminate exposure to toxins may be of benefit. The guidelines that make up our detoxification strategy work by "turning on" and supporting the body's own mechanisms for managing and eliminating toxins and metabolic waste. No matter what disease or health problem you suffer from , detoxification medicine can help because it encourages vital organs and organ groups such as the brain, the kidneys, the liver, the cardiovascular system, and the immune system to function at full capacity and can even amplify their performance. Not everyone will experience relief from all their aches, pains, and problems in one month, but after few weeks of stimulating cellular detoxification, many of those who use this program feel better. They report having more energy, improved digestion, and enhanced mental faculties. Cancer It is well known that high levels of exposure to carcinogens, coupled with altered detoxification enzymes responsible for their breakdown, significantly increase one's susceptibility to cancer. Alcohol, cigarettes, medications, and pollutants have an altering effect on these enzymes. For example, bladder cancer is linked to exposure to industrial chemicals, breast cancer is linked to pesticides, and lung cancer is linked to smoking.

At the Dr.Saxena centre we offer Chelation therapy to all our patients. We incorporate foods that have powerful detoxification properties into the diet The word chelation comes from the Greek root chele meaning "to bind." The concept is relatively simple. Chelation therapy involves the introduction of a substance into the body that will bind to harmful substances and pull them out of the body. It is an

extremely safe and effective method of ridding the body of toxic substances. Our bodies often store a host of toxic metals, such as lead, iron, copper, cadmium, aluminum, and calcium. Needless to say, the presence of these substances dirties the internal workspace and hampers the body's ability to heal itself. When chelation is administered intravenously, it binds to these toxic metals in the blood. This makes it easier for the body to flush these harmful substances through the kidneys.

Chelation therapy is especially equipped to remove iron and copper, which are powerful catalysts of lipid peroxidation and free radical formation. Chelation therapy is an effective tool in the effort to detoxify the body and minimize the damages of degenerative diseases.

Another chelating agent we use in our therapy is vitamin C. For years, doctors have known that vitamin C protects the body against a variety of pollutants. As a detoxification agent, vitamin C combines with certain toxins in the body and destroys them. What research tells us is that vitamin C is especially good at eliminating toxins that originate from airborne sources, like cigarette smoke. Some laboratory experiments showed that the protein and lipid damage caused by cigarette smoke is reversed when the subject eliminates exposure and undergoes vitamin C therapy.

Other studies indicate that vitamin C can protect the body against the tissue damaging effect of some toxic chemicals and heavy metals. Remember, cleansing the workspace allows the body to operate at maximum capacity. Any treatment program that does not attempt to equip the body to combat disease, is deficient in its approach.

Ever seen those commercials for high-grade engine oil ? Every company wants to impress upon you the importance of putting the right kind of fuel in your car. Well, food is fuel for the body. If we desire to detoxify the body in order to fight disease, we must put the right kind of fuel in it There are many foods that are abundant sources of antioxidants and other detoxification agents.

I will talk about some of those whole foods and natural substances later As I mentioned earlier, we are exposed to a host of toxins every day in the air we breathe, the foods we eat, and the water we drink. However, there are some sources of toxic substances of which most people are woefully unaware. Consider your teeth, for example. Do you have any fillings, bridges, or partials?

Have you ever had a root canal performed?

Few cancer specialists have ever considered having a patient's mouth examined. Oncologists need to be aware of the connection between cancer and the mercury in tooth fillings, as well as other materials used in dentistry that are carcinogenic. Believe it or not, most oncologists today don't care about the dental work their patients have had and most dentists continue to use toxic materials for fillings, bridges, and partials.

The importance of biological dentistry-It is not simply the practice of removing toxic fillings. The whole practice also involves finding non-toxic materials that are compatible with each patient. Another doctor named Dr. Thomas Levy developed effective lab tests to determine what materials are or are not compatible for a patient. Next, we prescribe vitamin C tablets, minerals, and digestive enzymes a few weeks prior to the total dental revision procedure to protect the body from the toxins present in the fillings.

Nature's Pharmacy

The body's ability to ward off degenerative diseases like cancer. Given the right equipment, the body is remarkably adept at healing itself. Sadly, we often deprive our bodies of the very tools it needs to do this job effectively. If these tools were hard to come by, we might have an excuse, but the reality is that they are readily available.

Hippocrates, the father of medicine, said, "Let your food be your medicine and your medicine be your food" The human body needs the right equipment to fight off disease and maintain optimal health. Hippocrates knew that many of the tools our bodies need to heal .We know that free radical activity is at the root of cancer. We know that a host of things can increase the presence of free radicals in the body, from smoking cigarettes to eating processed foods. We know that free radicals can damage DNA cells and the gene expression process. When these damaged cells reproduce, the result is often cancer and tumor development Therefore, anything that can significantly inhibit tumor growth, improve gene expression, or scavenge free radicals is a tool the body needs to fight off cancer. There are so many of these natural cancer killers that I could write a whole book about them. Here are a few of the more important ones that we use and recommend

